The Brink Method.

Named after Dr. B. Dean Brink. First mass method of teaching swimming to reach popularity.

The steps in the Brink method:-

1. The Hungry Duck:- putting face in water and looking to see how many fingers are held out by the instructor. The instructor says:- "Every time a duck gets hungry, she has to put her face under water to look for food. If she can see under water we can. I will look and tell you what I see. Open your eyes after your face is under. Don't hurry about it; hold your breath, take your time, look at your fingers." (Demonstration by instructor) "Now, every one try it".

2. Motorboat Breathing - air is through mouth (the carburetor) and out " the nose (the exhaust)

"A motorboat is a very efficient breather because it takes the air in through one valve, the carburetor, and lets it out under water through the exhaust pipe. Now I will take a good deep breath thro' my mouth, close it, and put my face under, and let the air out thro' the nose. (Dem)

3. Jellyfish float — grasp ankles and hold until the back floats out of water.

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"Now that we have found the face and eyes will not shrink from washing we can bob around like a school of jellyfish. Squat down in the water, let your hands slide down between your knees, until they reach your ankles. Pick up one ankle in each hand, put your face under water, and tip over forward." (demonstration)

4. Turtle — fall forward with arms & legs spread.

"Did you ever see a turtle floating about, warming his back in the sun? By stretching the arms forward, lowering the chin to the chest, and falling forward, we can imitate the turtle. Like this." (dem.)

5. Sleigh Ride — glide on stomach with hands overhead.

"Did you know that you can take a sleigh ride over the water just as though it were ice? The runners of our sleigh are our hands, arms stretched out before us. We put our faces under, and, pushing off from the bottom with our feet, slide over the water like this." (dem.) "Now, let us all imitate sleighs."

6. Steamboat — flutter kicks on front.

"Now that we can coast, we can go a step ~~forward~~ further and imitate a sternwheel steamboat, paddling our

legs up & down, keeping the knees straight, and splashing the water lightly with the feet. Remember that we are thrifty people – We do not throw away our sleighs even when we play steamboat, but keep the runners ahead of us & attach the stern paddlers to the rear of the sleigh (Demonstration.)

7. Windmill – elementary crawl arm stroke. Now, standing up. Let your arms revolve like the arms of a windmill: right arm reaching straight ahead, left arm at thigh. Now revolve, keeping reaching, one hand at a time. When a big wind blows, the windmill falls down into the water & the arms are revolving so fast that they keep on going down the river. (Dem.)

8. Combination – combining arm stroke & leg kick. Let us suppose that the windmill & steamboat collide. We cannot seperate them so they must float down the river to-gether, the windmill revolving its arms in front, and the steamboat, paddling along in the rear. They would look like this: (Demonstration).

Now do you remember the motorboat breathing? Roll as you read getting you breath thro' the carburetor (your mouth,) and letting it out through the underwater exhaust. (your nose.)

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Brink Method.

Walk in water moving arms in circles.

Shoulders under water.

Seal kick , (legs bent at knees).

Breathing with (feet) on bottom.

Floating on stomach with breathing and kick.

Use arms as practised before.

N.B. (Knees at thigh still. _--- Any age level).

Swimming.

Why We Swim

1. For rec'
2. " safety
3. " relaxation
4. " healthful ex. - physiological / educational } value.
   1. motor skill
   2. social
   3. attitudes.
5. " idea of corrective ex -
   a. hydra gym - utilizing water for therapeutic effect.
   b. Under-water gym - snow task - Featuring patient & then work muscles.
6. For vocation.

Recreational Values
Physiological "
Educational "
Safety "

Recreational value - ① 7-70 - Individual sport but sociable.
② Release from tension.
③ Co - educational.

Physiological Value -
1. Unique form of activity with medium of water supporting body weight.
2. Smooth flowing movements.

Relaxation Value -

1. Use only muscles you need.
2. Economy of muscle movement.

(Balance between ed. - social [etc.] life.)

Differences in body build influence swimming ability. Wide hips & long legs more stable. Change in body structure is equal to the amount of time spent.

Methods & techniques cannot be separated. Techniques basic and insofar as these conform to structure of body result in physiological effects.

Overcoming fear
Control of breath
Opening eyes
Learning to float

Blowing bubbles in hand.
Speed swimming thru both nose & mouth
Swimming under water - teach to blow out steadily.
Be sure action comes from diaphragm.
Medium size breath.
Rhythmical breathing.
Keep hands down & try to divert attention by smiling, etc.
Don't blow every thing too soon, before coming to surface
Expel more air than take in.
Not too fast a rythum

Opening Eyes in Water -
1. Good - if possible.
2. Winking at one another

Getting feet off Bottom.
1. Start by walking
2. Feeling of relaxation.
A. Let it [illegible] knee.
B. Arms, etc hang - lose & long.
C. Neck - Head should feel like detached balloon.
D. Pick up ankle & see that it comes up to top
E. Jelly-fish - best way to relax.
3. F. Teach them to stand in water - [illegible] on floor - [illegible] up, hands down at side
4. Then [illegible] float - easier than back float to teach
5. How to stand for back float - before giving position

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[illegible] bent forward leg & touch bottom of pool with hands keeping knees straight - works into jelly fish
Learning to stand using [illegible]
[illegible]

5OCo

Kick -

Sup & lower - Upt 2 main organisms thus
body position - relaxation & water balance,
Elevation & Locomotion swimming
Laid on chest - only 2 advanced strokes
& under control.

Float -

Water holding up in variety of positions

1. face.
2. side.
3. back.
4. vertical.

Face float - on chest with arms, will & head
hanging & head turned to side and extended hand just under
face. Elbow towards high shoulder

Back float - helper should stand on feet
& take head & sculling arms to opposite
shoulder & well forward. Hand pull down upt
push arms under feet & stand up

Vertical float - ~~(1)~~ - don't keep water. Bend knees
back & head back up by shoulders & then let down.
(2) as above with legs used straight

Back float -

Same with chest deep - upright or horizontal
& feet easy breath & put head back & legs
feet down

Diving -

Sitting dive in shallow water. Soon as fear is overcome.

Swimming -

1. Lay out to learn
2. Use swimming - ocean, river, etc.
What stroke
situation etc.

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Natural progression from front crawl is flutter kick on back — swimmer has a chance to see her legs in action — So is rather satisfying.

Steps in Teaching Crawl —

1. Bracket position — 18" apart - one hand directly below other — flutter kick.
A - action in hip joint - put hand on spot as movement takes place.
B. ~~Help~~ Have leg lying limp on water.
C. Move easily - now power and begin working for rhythm.

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